

How much food should you give?

Step	Amount of food	Advice on progression
1	Grain of rice size (400mg)	Give the food at LEAST 3 times per week once tolerated
2	Pea size (1g)	
3	Teaspoon size (5g)	
4	Tablespoon size (15g)	Increase each step weekly, if possible and tolerated
5	¼ portion (age appropriate)	
6	½ portion	
7	Full portion (age appropriate)	

How do I treat an allergic reaction?

- Give an antihistamine (Piriton in infants, cetirizine in older children) if a rash or swelling develops and follow your allergy management plan (if you have one). Symptoms should resolve within half an hour.
- In the unlikely event of breathing problems or faintness, ring 999 to call for an ambulance stating anaphylaxis (ana-fi-laxis). Inform your allergy health professional.
- Do not challenge them again and contact your GP or the allergy team for further advice.

Where can I find more information?

Hospital Milk Allergy information leaflet and Milk Challenge leaflet, see www.northwestallergy.nhs.uk

How can I contact you if I need to?



Gradual introduction of milk (milk ladder)

Information for Parents and Carers

Cow's milk reintroduction should only be performed in conjunction with advice from your doctor or dietitian

The North West Paediatric Allergy Network accepts no responsibility for adverse allergic reactions that occur during reintroduction of milk products

www.allergynorthwest.nhs.uk



The milk ladder is used in routine allergy practice to help your child outgrow their allergy faster.

Points to remember

- DO NOT attempt reintroduction of dairy products at home if your child has previously suffered from breathing problems or floppiness after eating milk or other dairy products
- this milk ladder can be used for children who have previously suffered from delayed skin or gastrointestinal reactions, as well as in children who have had hives or skin swellings
- ensure your child is well when introducing dairy. If your child has been wheezy recently or has taken antihistamines in the last 5 days wait until they are better. DO NOT increase food portions or introduce new foods when your child is unwell
- start at the step you have been advised by your doctor or dietitian. Your child may already be tolerating some foods of the ladder, so you can then progress from there
- if your child reacts to an increase in amount/frequency of milk protein please **DO NOT** stop completely, go back to the previously tolerated stage until further review by your health professional
- wheat free and/or egg free options of the milk ladder are available and should be discussed with your dedicated health professional

Stop the challenge if any of the following develop

- red, itchy rash (hives)
- swellings
- vomiting / tummy pain / loose stools
- noisy breathing, wheeze / persistent cough
- dizziness / feeling faint / floppiness

Stage	Which dairy products should I give my child? Choose one from each step
1	Biscuits containing milk <ul style="list-style-type: none"> • malted milk biscuit • shortcake
2	Baked products <ul style="list-style-type: none"> • plain cakes or muffins • scones • milk loaf • croissants • brioche
3	Baked products cooked for less time <ul style="list-style-type: none"> • scotch pancakes • cheese powder flavouring e.g. quavers, wot-sits... • butter
4	Foods containing cheese or milk <ul style="list-style-type: none"> • cheese or cream including cheese on toast, macaroni cheese • pizza, lasagne, pasta bake • chocolate, chocolate coated or containing foods • shepherd's pie/mash with milk (in the oven)/milk in sauces • soups or meals/purees containing milk (cooked) • rice pudding/custards
5	Less processed milk <ul style="list-style-type: none"> • yoghurt, fromage frais, soft cheese
6	Milk (can be mixed with milk alternatives to taste) <ul style="list-style-type: none"> • infant formula or fresh milk

